

WHAT IS CLAIMED IS:

1. A lacrosse stick comprising:  
a handle; and  
an articulated head connected to the handle.
2. The lacrosse stick of claim 1, wherein the articulated head is connected to the handle by an articulation mechanism.
3. The lacrosse stick of claim 2, wherein the articulation mechanism is located between an end of the handle and a base of the head.
4. The lacrosse stick of claim 2, wherein the handle comprises a first handle portion and a second handle portion and the articulation mechanism connects the first handle portion and the second handle portion.
5. The lacrosse stick of claim 1, wherein the articulation mechanism is contained within the head and handle.
6. The lacrosse stick of claim 1, wherein the head is moveable from a longitudinal axis of the handle to a displacement angle of up to about 60 degrees.
7. The lacrosse stick of claim 6, wherein the displacement angle is from about 1 degree to about 10 degrees.
8. The lacrosse stick of claim 6, wherein the displacement angle is from about 2 degrees to about 5 degrees.

9. The lacrosse stick of claim 1, wherein the head is moveable from a longitudinal axis of the handle to first and second displacement angles of up to about 60 degrees each.

10. The lacrosse stick of claim 9, wherein the first displacement angle and the second displacement angles are oriented in opposite directions from each other.

11. The lacrosse stick of claim 10, wherein the first and second displacement angles are the same.

12. The lacrosse stick of claim 10, wherein the first and second displacement angles are different.

13. The lacrosse stick of claim 1, wherein the head is articulated in a direction in which a lacrosse ball would exist the head.

14. The lacrosse stick of claim 2, wherein the articulation mechanism comprises:

a first element having an extended portion; and

a second element having an interior that is sized to allow the first element to at least partially engage the interior and move from a first position to a second position within the interior.

15. The lacrosse stick of claim 14, wherein the first element and the second element are connected by a fastener that allows the first element to pivot or hinge with respect to the second element.

16. The lacrosse stick of claim 14, wherein the extended portion comprises projections and the second element comprises at least two pieces structured and arranged to be fitted together over the projections.

17. The lacrosse stick of claim 14, wherein the second element comprises a resistive material in the interior.

18. The lacrosse stick of claim 17, wherein the resistive material is a polymeric foam, a polyurethane bushing, a coiled spring, a living hinge or a metal or polymeric composition having at least some elasticity.

19. The lacrosse stick of claim 2, wherein the articulation mechanism comprises:

- a first element;
- a second element; and
- a move bar comprising at least one pivotable fastening element connected to the first element and second element.

20. The lacrosse stick of claim 2, wherein the articulation mechanism comprises a ball and socket assembly.

21. The lacrosse stick of claim 2, wherein the articulation mechanism comprises a living hinge.

22. The lacrosse stick of claim 2, wherein the handle portion comprises a Y-shaped area having a yoke, the articulation mechanism comprises at least one first element which pivotally connects the head portion to the Y-shaped area and at least one second element disposed on the handle portion for restricting at least some flexure of the head portion with respect to the handle portion.

23. The lacrosse stick of claim 2, wherein the head portion comprises a first head portion and a second head portion, and the articulation mechanism articulates the first head portion with respect to the second head portion.

24. The lacrosse stick of claim 2, further comprising a radially-expandable system comprising a plurality of offset wedges and a fastener.

25. The lacrosse stick of claim 2, further comprising a locking mechanism for restricting the flexure of the head portion with respect to the handle portion.

26. An articulated lacrosse stick comprising:  
a handle; and  
a head;  
means for articulating the head with respect to the handle.

27. The lacrosse stick of claim 26, wherein the means for articulating the head comprises an articulation mechanism for displacing the head portion from a longitudinal axis of the handle portion by a displacement angle of up to about 60 degrees.

28. The lacrosse stick of claim 26, wherein the displacement angle is from about 1 degree to about 10 degrees.

29. The lacrosse stick of claim 26, wherein the displacement angle is from about 2 degrees to about 5 degrees.

30. An articulation mechanism for use with a lacrosse stick having a head and a handle, the articulation mechanism comprising:  
a first element; and  
a second element connected to the first element such that the first element can pivot, hinge or flex with respect to the other element.

31. The articulation mechanism of claim 30, wherein the first element is moveable from a longitudinal axis of the second element by a displacement angle of up to about 60 degrees.

32. The articulation mechanism of claim 31, wherein the displacement angle is from about 1 degree to about 10 degrees.

33. The articulation mechanism of claim 31, wherein the displacement angle is from about 2 degrees to about 5 degrees.

34. The articulation mechanism of claim 30, wherein the first element is moveable from a longitudinal axis of the second element to first and second displacement angles of up to about 60 degrees each.

35. An articulation mechanism for use with a lacrosse stick having a head and a handle, the articulation mechanism comprising:

means for connecting the head to the handle; and

means for displacing the head from the longitudinal axis of the handle.

36. The articulation mechanism of claim 35, wherein the means for displacing displaces the head from the longitudinal axis of the handle by a displacement angle of from about 1 degree to about 60 degrees.

37. The articulation mechanism of claim 35, wherein the means for displacing displaces the head from the longitudinal axis of the handle by a displacement angle of from about 2 degrees to about 10 degrees.